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BIG SAVERS SAY HELLO TO A BIG 3.0%

Bow River Boarding in the city



Not letting a little overcast get him down, Mark Praud catches some waves on the Bow River. Praud has been river-boarding on the city's river for three years and loves it.

'This has to stop'

Weekend shootings spur plea for end to violence

KRISTA SYLVESTER
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After two shootings in two nights over the weekend, city cops are urging witnesses to come forward before an innocent bystander gets killed.

The pleas come after a man was shot and killed in Chinatown Saturday night and another man was shot in Martindale on Sunday night. He is recovering in hospital in non-life threatening condition.

"This has to stop. This is not what Calgary is about and this has really put a black eye on the community and our city," Insp. Kevan Stuart of District 5 told reporters.

The 23-year-old victim in Sunday's incident was shot several

Gang unit called in

- Stuart won't confirm or deny if the latest shooting was gang-related but did say the gang unit is assisting, although the victim was not a known gang member.

times in his torso reportedly from a drive-by shooting, in the 5100 block of Martin Crossing Dr. NE around 10 p.m.

"We don't know the motive yet. The victim has been very unco-operative. I don't know why, I guess it's just part of his makeup but he is not helping," Stuart said.

Police cordoned off the area in the latest shooting, where area residents were worried the shooting was "too close too home".

"It is normally a quiet neighbourhood," said one woman, Jas, wishing to withhold her last name. "I guess it's been happening everywhere, but you never expect it in your neighbourhood."

A frustrated Stuart said there are people out there who know who is committing the shootings and wants them to come forward.

"There have been a number of shootings in the past few years, months and especially weeks. People need to help put a stop to this," he added.

Saturday's victim's name is being withheld pending an autopsy.



OnlineVideo
www.metronews.ca

2 firefighters sent to hospital

SMOKE Two firefighters were sent to hospital after a fire broke in the Water Services building at Manchester Yards early yesterday.

Thick smoke and heat caused them to show signs of elevated heart rates and dehydration.

Fire spokesperson Jeff Budai said while paramedics are on scene to assess firefighters, it's rare to have them sent elsewhere.

"They are good now, they were taken there as a precaution."

The fire started when paper filters inside the commercial furnace lit up, but other details aren't known yet. **METRO CALGARY**

City warned of sex offender

HIGH-RISK A high-risk sexual offender is being released into the city after serving 3 1/2 years in prison and Calgary cops are issuing a warning to the public that he may reoffend.

Jack Samuel Froese, 28, served time for sexual assault with a weapon and uttering threats to a woman he didn't know in Saskatchewan. Police warn he also previously sexually assaulted a woman he did know. Froese is five-foot-10 and 185 pounds with brown hair and eyes. Police say he will be closely monitored. **METRO CALGARY**



Froese

Health page 13



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Your Money page 10

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It's beauty over pains when it comes to traffic in Calgary. Memorial Drive will be undergoing a makeover. Starting yesterday, lane closures from Prince's Island Park to Kensington will hold up traffic from 9:00 a.m. until 3:00 p.m. daily for four months. **METRO CALGARY**

Local

"It sounds like a good idea but \$1,000 dollars is a bit too much."

Jillian Gora, 22, left, when asked about the proposed bylaw fine for throwing cigarette butts out the window. **METRO CALGARY**

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Litterbugs to feel the bite

NEIL MACKINNON
neil.mackinnon@metronews.ca

"Litter begets graffiti which begets crime."

Ald. John Mar

Calgarians with a penchant for littering will have until September before they might have to dig awfully deep.

City council, in an 8-7 vote, passed the first two readings of a bylaw Monday that intends to curb littering with hefty fines ranging

from \$500 for normal fast food type trash to \$1,000 for tossing a lit cigarette butt from a vehicle.

Ald. Druh Farrell, who initially upped the ante at committee level because she was "fed up with the state of our city and the seeming disre-

gard some Calgarians have for the environment and the city," said the increased fine structure should force city citizens to be more responsible with their trash disposal.

"Litter begets graffiti which begets crime," added

Ald. John Mar.

But Ald. Andre Chabot, who opposed the move, said the new fines would further crack down on smokers without providing any opportunity for remedying their behaviour.

"We're targeting drivers and we're targeting smokers, predominantly, but we're not providing the facilities for people to actually dispose of their lit prod-

ucts," said Chabot citing ashtrays on Stephen Ave. that have been turned into flower pots.

Third reading is slated for Sept. 8, and bylaw boss Bill Bruce expects the new fines will become law without any further hitches.



Weekend quiet for noise complaints

ALICIA FOX
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Even Ozzy behaved himself this weekend.

Despite bylaw officers out and about testing decibel levels at both the Folk Fest and the Monsters of Rock concerts this weekend, bylaw boss Bill Bruce said no one had to be reminded to turn down the sound.

"Everyone played by the rules," he said. "Never once did they exceed the allowable limit."

He said the complaints were fairly minimal as well, with 13 complaints over the two days of Folk Fest. There were two complaints during sound checks for the Monsters of Rock concert on Friday and just four on Saturday during performances.

"People seem to be quite tolerant of these things," he said, adding that they know it's not an every weekend occurrence.

News in brief

WILD CHASE Banff RCMP is investigating a modern day "Bonnie and Clyde" after a robbery, carjacking and police chase early yesterday morning. The accused duo led RCMP on a wild chase starting with robberies in Nisku and Leduc on the weekend and ending with a takedown on the Trans-Canada highway near Canmore. Charges are pending.

METRO CALGARY

metronews.ca

What's online today.

Read a new column on intelligent investing by Allan Small, FMA
Watch video of nationwide protests against Air Canada's recent cuts
Check MetroTube of the Day for a look at the wackier side of ComiCon
Play online Sudoku!

Pinpointing debit card fraud

KRISTA SYLVESTER
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City cops hope a new initiative set to go citywide will continue to combat credit and debit card skimming schemes in the city.

And tackling the number one fraud-related offence affecting Calgarians in 2005 and 2006 wasn't an easy task but one with which city police have had success, according to the 2007 Report to the Community.

"It's a large problem Canada-wide, and the number one concern of most Canadian cities, and ours is no different," Acting Det. Darren Hafner told Metro. Hafner explains the most prominent problem in Calgary is the "swap-out", when a group of people will enter a store, dis-

Tips

- Change your pin once a month
- Cover your pin code when purchasing.
- Notify clerk if pin pad seems compromised

tract the employee, and switch the pin pad with one of their own.

"This is extremely high technology. Most people won't be able to tell when a pin pad has been compromised," he added.

But since debit and credit card skimming schemes hit the scene hard a few years ago, the Calgary police service fought back with the Project Protect initiative, which provides educational tools for retailers to ensure it doesn't happen to them, or notice when it does.



City cops have been warning retailers and their customers of credit and debit card skimming schemes across the city. They hope the city initiative becomes province-wide in the future.

News in brief

AIR CANADA Calgary International Airport was a hub of protest yesterday as more than 100 union supporters and flight attendants picketed against Air Canada's recent decision to slash more than 600 jobs. **METRO CALGARY**

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Police rule out foul play

Foul play has been ruled out in the death of a man found floating in the Bow River near DeWinton Saturday. Investigators are still awaiting toxicology results and haven't determined the identity of the man. **METRO CALGARY**

Rare dog breed makes mark on city

City hosts International dog conference for first time in history

NEIL MACKINNON

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Richard Smith lives up to the old axiom that dogs look like their owners.

"I'm just working on the black nose," said a white haired and bearded Smith, petting the head of 11-year-old Eurasier Tasha, who strikes a much familiar resemblance, outside the Montgomery Community Hall during the lunch break of Calgary's first time hosting the International Eurasier Conference.

Smith, along with his partner Val Ford and two-year-old pooch Louis, made the trek from London, UK, a nine-hour flight that concluded hours of preparation work including getting the dogs passports.

"It was quite the process," Ford said, noting it cost more to get the dogs to Canada than it cost for their own flights.

The five day conference, which began Saturday, brought 110 people and 60 dogs from across the continent and as far away as the UK to chat about the breed.

The breed is fairly new to the dog world with the first litter of Eurasier puppies born in Germany in



Val Ford and Richard Smith both travelled from England with their Eurasier dogs Louis, left, and Tasha, right, to the Montgomery Community Centre where people from all over gathered for The International Eurasier Conference.

1960.

"It's amazing to think, we've all been brought to-

gether in friendship through this dog," said Eurasier Club of Canada

president Wayne Nelson. Nelson added that there's only about 700 of

the fluffy wolf-chow-Samoyed dogs in North America.

Secondary suites pilot inches ahead

NEIL MACKINNON

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FORGIVEABLE LOAN A secondary suite pilot program got a push forward yesterday as city council approved a \$25,000 interest-free forgivable loan initiative to stimulate private sector participation.

While the full details of the program will be hashed out at a Sept. 4 intergovernmental affairs committee meeting, 50 units have been allotted for in the pilot, "as a means to see how we can do this effectively," said Ald. Bob Hawkesworth, the main driver behind the initial motion.

"It's one more tool in the tool box and we're trying to figure out how to make it an effective tool," Hawkesworth told Metro, noting the program won't provide a solution to the affordable housing problem in Calgary, but may help ease the burden on a stressed system.

Ald. Gord Lowe, noting broad based value in the project's intentions, wanted serious consideration of the wording of the project to avoid legalizing secondary suites "holus bolus" across the city because that would be "morally and ethically wrong."

Autopsy expected today in shooting

CHINATOWN Police are conducting an autopsy today on the man who was shot to death in Chinatown on Saturday night. Acting Staff Sgt. Patty McCallum of homicide said notification of next of kin was not yet complete, but she said autopsy results are expected today.

"At this time, we have not identified a motive or suspects," McCallum added.

METRO CALGARY

Calgary police offering help with reserve shooting

CRIME Calgary investigators are helping with a shooting death of a 16-year-old in a central Alberta reserve Sunday known for gang violence.

The male victim died moments before a gunfight broke out between two residents in the same community, say Mounties. One of the men suffered from a single gunshot wound with non-life threatening injuries. Police

crack cocaine trade on rise

RCMP say the trade in crack cocaine is booming in the Northwest Territories, sparking concerns about violence in northern communities. Russian, Asian and aboriginal gangs from Alberta have begun branching out beyond Yellowknife, selling drugs in smaller communities like Inuvik and Fort Smith, the undercover officer said.

believe the shooting was gang-related.

Michael Chettleburgh, a crime prevention consultant and the author of a re-

cent book called Young Thugs: Inside the Dangerous World of Canadian Street Gangs, says the weekend shooting could

be expected despite the efforts of community leaders to change the community.

Police have not released the victim's name until next of kin are notified, but investigators are talking to two men in custody.

No charges have been laid in the case that is being handled by Hobbema RCMP with the help from the Calgary Major Crimes Unit.

JEFF CUMMINGS/METRO CALGARY

Bear warning issued by parks

AGGRESSIVE ACTS Parks Canada has issued a bear warning after several sightings and incidences over the weekend. On Saturday a black bear charged a woman in Lake Louise showed aggressive behaviour towards a man walking along Louise Drive early Sunday morning.

Parks Canada said it may have been the same bear in both cases.

METRO CALGARY

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The private funeral for Canadian Forces Cpl. James Arnal, killed July 18 while serving in Afghanistan, took place yesterday afternoon in Winnipeg and has attended by hundreds. Arnal was killed by a roadside bomb while on foot patrol in Kandahar. **SOURCE: CBC NEWS ONLINE**

Canada

"Right now I'm not even sure what it was"

Helen Pahpasay speaking about seeing what she describes as a dark creature that walked upright and stood nearly eight feet tall.



Sighting

Two Ontario women say they saw what might have been the legendary sasquatch in northwestern Ontario last week. The pair took a plaster cast of giant footprint for analysis.

Shooting of 2 Afghan kids sparks probe

Canada will investigate why its troops opened fire on a car in southern Afghanistan, killing two small children, Defence Minister Peter MacKay said yesterday.

He noted, however, that earlier probes into similar civilian deaths had always

absolved the soldiers involved.

Military officials say a two-year-old boy and his four-year-old sister died when the troops blasted a car approaching their convoy in Kandahar province Sunday.

They said the driver had

more troops going to Afghanistan

Speaking earlier in the day, MacKay said Canada would send an extra 200 troops to Afghanistan to maintain and operate unmanned aerial surveillance vehicles and helicopters

ignored several warnings to stop.

MacKay said Canadian soldiers were working in

"tough, trying and intense circumstances" and often had to deal with attacks from Taliban militants hid-

ing among civilians.

"When these tragic circumstances arise, we always take the important time to investigate what took place. There are rules of engagement followed by Canadian, followed by NATO soldiers," he told reporters in Ottawa.

"In each circumstance where this type of very unfortunate tragedy occurs, Canadians have been found to have followed those rules of engagement," he said.

Canada has 2,500 soldiers based in Kandahar.

REUTERS

Green groups press Ontario to call for caps

EMISSIONS Ontario should use its new membership in the Western Climate Initiative to push for stringent caps on greenhouse gas emissions, environmental groups say.

The members of the cross-border initiative — four provinces and seven states — meet today in San Diego to discuss the proposed greenhouse gas cap-and-trade system.

"It is not as strong as we hoped it would be," Pembina Institute's Cherise Burda said of the draft plan released last week.

The system involves establishing a market where greenhouse gas emitters who can't meet their cap targets buy emission credits from those below the bar. The caps are too high and the timeline too long, say WWF-Canada, the David Suzuki Foundation and Pembina.

TORSTAR NEWS SERVICE



Cherise Burda

Air Canada Flight attendants protest job cuts



Flight attendant Daisy L., who would not give her full last name, hoists the CUPE flag during a march along Miller Road near YVR yesterday. More than 200 flight attendants and their supporters rallied in Vancouver to protest looming job cuts announced by Air Canada. Similar protests took place at airports across Canada yesterday. For video of the protests, visit metronews.ca

RAFE ARNOTT/METRO CANADA

Mexican kids learning faster than Canadians: Study

EDUCATION Mexican children in poorer areas of Monterrey are further ahead in kindergarten than the average Canadian kid, says new research led by renowned expert Dr. Fraser Mustard.

Federal authorities in

1990 implemented a system of programs called CENDI (the Spanish acronym for Centres for Early Childhood Development) in Monterrey — an industrial city roughly the size of Toronto — that provided community supports

to low-income households from the time of pregnancy through to the child's arrival in preschool.

The programs are similar to what Mustard has long been advocating for this country.

TORSTAR NEWS SERVICE

Sloppiness prompted isotope shortage: Report

CLOSURE Widespread sloppiness at both Canada's nuclear regulator and government-owned Atomic Energy Canada Ltd prompted the damaging closure of a reactor which made medical radioisotopes, a report said Monday.

AECL's 50-year-old Chalk River reactor — which produces more than two-thirds of the global supply — was shut down for three weeks late last year, quickly triggering shortages.

AECL's chairman quit in December, and in January, Ottawa fired the head of the Canadian Nuclear Safety Commission.

A damning report by three independent consultants said officials from AECL and the commission often ignored standard procedures that would have identified the problem ear-



The reactor at the Atomic Energy of Canada in Chalk River.

lier. "This culture of informality was considered a significant and fundamental flaw in both organizations' methods of operation and contributed to a series of misunderstandings," said the 119-page report.

REUTERS

News in brief

TORIES A new report has revealed that the Tories spending on advertising has doubled since 2006 and that \$17.6 million of it went into a recruiting ad campaign for the department of defence.

CLIFFORD OLSON Public Safety Minister Stockwell Day has called for a probe into how personal prison items from Clifford Olson wound up for sale online on U.S.-based website. **METRO NEWS SERVICES**

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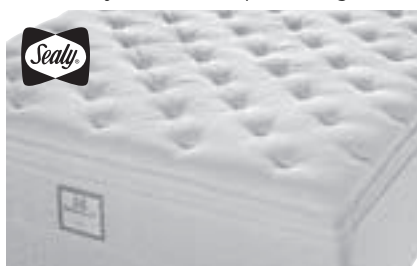
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the **Bay**
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Walking a bit more each day can help people control their Type 2 diabetes according to a studies published yesterday. Simply walking 45 minutes more each day helped people with diabetes use blood sugar better, Michael Trenell of Britain's Newcastle University and colleagues wrote in the journal Diabetes Care. **REUTERS**

World

"This 50 kg of pure heroin would enable the production of 200 kg of heroin."

A statement released by Libya's Interior Ministry about the second-largest drug seizure in Africa's history.



Drug bust

Libyan police have seized 50 kg of heroin in the southern desert town of Wahat, the second largest seizure of such drugs in Africa, Libya's Interior Ministry said yesterday.

Ruling Turkish party may get shut down

Court looks at AK Party after bomb attacks

Turkey's highest court began considering yesterday whether to shut down the governing AK Party for Islamist activities against a background of tension following two bomb attacks in Istanbul over the weekend.

The blasts killed 17 people and wounded more than 150 on Sunday, hours before the Constitutional Court was set to look at the case. Five of the dead were children, Istanbul Governor Muammer Guler said.

"We have been fighting terror for 30 to 35 years. This fight will continue until we win it," Prime Minister Tayyip Erdogan told res-

Power struggle

The court case is linked to a long-running power struggle between Turkey's secularist establishment and the Islamist-

rooted AK Party, which are at odds over the direction of the officially secular, but predominantly Muslim country.

idents at the site of the blasts in a working-class neighbourhood on the European side of Istanbul.

"Today is a day for unity," Erdogan said.

In the emotionally charged aftermath of the bombings, the Constitutional Court began examining whether the AK Party had engaged in Islamist activities and should be closed. The party denies the

charges and a ruling is expected in early August.

"Our problem is not whether or not the AK Party will be closed. Our problem at the moment is to keep our unity so our country will go in a different direction," Erdogan said.

No one has claimed responsibility for the bomb attacks, the deadliest in Turkey since 2003.

REUTERS



Relatives of a victim of the bomb blasts cry during the funeral ceremony in Istanbul yesterday. The death toll in two bomb blasts in Istanbul rose to 17 yesterday in an attack that sharply increased tension as Turkey's top court began deliberating on whether to ban the governing party.

No full peace deal this year: Olmert

ISRAEL Prime Minister Ehud Olmert told Israeli parliament yesterday a full Israeli-Palestinian peace accord that includes



Ehud Olmert

Jerusalem was not within reach this year, but said differences over borders and refugees were bridgeable.

U.S. President George W. Bush had urged both sides to sign a "peace treaty" before he leaves office in January.

But Olmert said in a release Jerusalem was too contentious an issue to be resolved this year. **REUTERS**

Karadzic to be smuggled out of Serbia

WAR CRIMES The transfer of Radovan Karadzic to the war crimes tribunal in the Hague will be carried out covertly to avoid media attention and planned protests by nationalist supporters of the former Bosnian Serb leader.

Karadzic, who faces charges of genocide during the 1992-1995 Bosnian war, was arrested last week in Serbia after 11 years on the run. He is now being held in a Belgrade prison awaiting extradition.

Security service sources say there are dozens of options for moving him unobtrusively, involving disguised vehicles, secret exits, dawn transfers and decoy motorcades to fool the television crews staking out the prison, court and airport.

"Only 10 people in Ser-

Arrest protested

Hundreds of people gathered to pray for Radovan Karadzic across the Serb half of Bosnia on Saturday, holding vigils inside churches or marching in protest at his arrest on war crimes charges.

The mostly elderly supporters filed quietly into churches, lit candles and prayed silently for Karadzic to have strength in his

trial. Others held his picture and banners reading: "We are with you." "We are here to support him, and show how much bitterness we feel at this arrest," said Miladin Ilic, 69, an ethnic Serb former resident of Sarajevo who now lives in Pale, one of the main cities in the autonomous Serb Republic.

11,000 people died from shelling, sniper fire, malnutrition and illness. Little is known about his early years in hiding. Reports, never confirmed, spoke of Orthodox priest disguises and remote monastery hideouts, a secret life under the protection of hardline nationalists in the army and police.

REUTERS

Bush signs off on first U.S. military execution in 51 years

U.S. President George W. Bush yesterday approved the death sentence of an Army private convicted of murder and rape in 1988, becoming the first U.S. president to approve a military execution in 51 years.

Bush signed a request by the military that Ronald Gray be put to death following his conviction 20 years ago on multiple charges of

murder and rape.

"While approving a sentence of death for a member of our armed services is a serious and difficult decision for a commander in chief, the president believes the facts of this case leave no doubt that the sentence is just and warranted," White House spokeswoman Dana Perino said a statement.

REUTERS

News in brief

HUMAN RIGHTS The UN General Assembly yesterday unanimously confirmed South African judge Navanethem Pillay as the world body's new human rights chief, and activists urged her to be tough in her post. Pillay will succeed outspoken Canadian Louise Arbour.

PAKISTAN A suspected U.S. missile strike on a Pakistani madrasa near the Afghan border killed six people yesterday, possibly including Abu Khabab al-Masri, an al Qaeda chemical and biological weapons expert, Pakistani security officials said.

REUTERS

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*Contest open to Canadian residents (excluding Quebec) in attendance at event. One *Breaking Dawn* book, with an approx. retail value of \$23.99, will be awarded to an individual at the event via random draw. Standard text message rates shall apply to trivia game participation.

Republican presidential candidate John McCain, who has suffered from skin cancer in the past, said his doctor removed a spot from his face during a routine checkup in Phoenix yesterday. McCain said the spot on the right side of his face would be checked to ensure it was not cancerous. **REUTERS**

Indian PM visits sites of weekend bombings

INDIA Indian Prime Minister Manmohan Singh yesterday visited victims of bombings that killed 45 people in a communally sensitive city, as calls grew for his government to beef up its intelligence apparatus.

The 16 bombings in western Ahmedabad on Saturday came a day after blasts in the IT hub of Bangalore in which one woman died, sparking criticism that authorities were lax in probing militant groups that were using increasingly brazen tactics.

A group called the "Indian Mujahideen" said it carried out the Ahmedabad attack, writing in an e-mail sent five minutes before the first blast that it was in revenge for a 2002 massacre in Gujarat of around 2,500 people, mainly Muslims, by Hindu mobs.

"Do whatever you can, within 5 minutes from

"These terrorist attacks are aimed at destroying our social fabric."

Manmohan Singh

now, feel the terror of Death!" the e-mail, seen by Reuters, said.

Guarded by their personal commandos, the prime minister and Sonia Gandhi, the powerful head of the ruling Congress party, drove to a hospital hit by a car bomb that killed 27 people, just one of the coordinated explosions that hit the city.

"These terrorist attacks are aimed at destroying our social fabric, undermining communal harmony and demoralizing our people," Singh said. "These efforts will not succeed."

REUTERS

'Merchant of Death' hearing postponed

Thai court delays U.S. extradition case

A Thai court postponed a hearing yesterday to extradite suspected Russian arms dealer Viktor Bout to the United States because his lawyer was absent, a prosecutor said.

Bout's new lawyer had asked the Bangkok Criminal Court to push back the first plaintiff witness hearing to Sept. 22, prosecutor Vipon Kitaisornchai told reporters.

"The lawyer, who recently took over the job from another, sent his representative to ask the court to postpone the hearing as he had already had another case scheduled today," Vipon said.

Conspiracy charges

• U.S. authorities have urged Bangkok to extradite Bout to New York, where he would stand trial for conspiracy to sell

millions of dollars of weapons to Colombia's FARC rebels that they say could be used to kill Americans in Colombia.

Bout, dubbed the "Merchant of Death" by the media, arrived at the court in orange prison garb, with his wrists and ankles shackled. He was arrested in a Bangkok hotel in a Thai-American sting operation after arriving from Moscow in March.

U.S. prosecutors said in a statement Bout had been trafficking weapons

since the 1990s, using a fleet of cargo planes to send arms to Africa, South America, the Middle East and elsewhere.

As a result of such activities in Liberia, the U.S. authorities froze Bout's assets in the United States in 2004 and banned U.S. nationals from having any business dealings with him, the prosecutors said.

REUTERS



Viktor Bout

China Chasing away mouth disease



A Tibetan gets his cheeks pierced with steel needles during the "June gathering" festival in Tongren, Qinghai province. The annual folk festival is held during the sixth month of the Chinese lunar calendar. Piercing, which is part of the festival, is conducted in an attempt to get rid of diseases from the mouth, local media reported.

Democrats can't get past 'Dr. No'

POLITICS An effort to break a Republican hold on election-year legislation that would aid medical research, help crack down on child pornography and advance other popular measures failed in the Senate Monday.

In a mostly party-line vote of 52-40, Democrats fell short of the 60 votes needed to clear a procedural hurdle and move toward passage of a package of 35 bills that enjoy wide support.

The measures have been held up for months by Sen. Tom Coburn, an Oklahoma Republican and physician who has been dubbed "Dr. No."

Israel demolishes apartments

PALESTINIAN Israeli security forces blew up a Palestinian four-storey apartment block near East Jerusalem yesterday because Israel said some of the structure had been built without planning permission.

An Israeli police spokesman said security forces had surrounded the structure in the Palestinian suburb of Beit Hanina north of central Jerusalem, before bulldozers began preparing it for demolition.

Dozens of local residents and their supporters protested against the demolition and called on Palestinian officials for help. **REUTERS**

News in brief

BIOFUELS Increases in biofuel production in the United States and Europe are the main reason behind the rise in global food prices, a top World Bank economist said in research published yesterday. World Bank economist Don Mitchell concluded that biofuels and related low grain inventories, speculative activity, and food export bans pushed prices up by up to 75 per cent. **REUTERS**

Pinochet's daughter wades into politics

CHILE The eldest daughter of late Chilean dictator Augusto Pinochet signed up yesterday to run in municipal elections in an upscale neighborhood of the capital later this year, an election service official said.

Lucia Pinochet Hiriart will run as an independent in the elections for local councils. While city coun-

cils in Chile have limited power, the October polls will be a barometer of the climate ahead of a presidential election in 2009.

"She signed up this morning," the election official said. "She is running for the post of councillor of Vitacura."

Vitacura is one of the most luxurious neighbour-

hoods of Santiago, home to many of Chile's right-wing elite.

Hiriart, her siblings and mother were detained in 2007 and held in jail for two nights amid a probe into allegations they helped Pinochet store millions of dollars of public funds embezzled during his 1973-1990 regime.

All but the eldest son were later cleared of embezzlement charges.

Pinochet, who died in 2006, never faced a full trial for crimes committed during his 17-year dictatorship, when about 3,000 people were killed or disappeared and another 28,000 were tortured — most of them suspected leftists. **REUTERS**

Oil rises after militant attacks in Nigeria

Oil prices rose yesterday after militant attacks slashed Nigerian oil production and Iran stirred tensions by suggesting it was rapidly expanding its nuclear program. The gains were limited by evidence that high prices were shrinking demand in the United States. **REUTERS**

9

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

BCE slashes 2,500 jobs

Cutting costs ahead of buyout

BCE Inc.'s move to slash 2,500 management jobs or 6 per cent of its workforce is just the beginning of more layoffs as it prepares to go private, say analysts.

The telecommunications company announced yesterday that it would cull the size of its management ranks at its Bell Canada phone subsidiary to provide an annual savings of \$300 million in salaries.

The \$52 billion leveraged buyout is to be completed in December. BCE is set to take on \$32 billion in debt.

"They are sending a message that they intend to be lean and mean, but they're not going to stop there," said Carmi Levy, an indus-

Losing customers

- Bell is bleeding landline customers to new providers and facing competition in the wireless arena.

try analyst at Toronto's AR Communications. "Bell has traditionally been quite top heavy with management compared to some of the other competitors, and there are certainly other areas they can look at in cutting costs," he said.

However, BCE said yesterday that "non-management front line service" positions would not be affected by the cuts.

TORSTAR NEWS SERVICE

Space Travel **Virgin territory**



Virgin Group's founder billionaire Richard Branson waves from the window of Virgin Galactic's mothership WhiteKnightTwo during its public roll-out in Mojave, Calif., yesterday. It will carry SpaceShipTwo to launch commercial passengers into space.

FRED PROUSE/REUTERS

Canada seen as more tax-friendly

C10DATELINE Canada's tax system is more business-friendly than in many other countries, despite a reputation to the contrary, says a KPMG report.

Canada has the third-lowest business tax costs among 10 countries, trailing Mexico and Netherlands, but beating out the U.S. and Britain. **REUTERS**

In brief

GM PLANT The CAW has reached a deal with General Motors that includes keeping its Ontario truck plant open for the life of the contract, incentive packages and two new cars for the adjacent plant.

WTO TALKS A clash between the U.S. and China and India over cutting farm and industrial tariffs threatened to derail a trade deal yesterday. **REUTERS**

Google rival unveiled

SEARCH Cuil Inc., a start-up by former Google engineers, is offering a new search service at cuil.com that aims to outdo the Internet search leader.

The would-be Google rival says its service goes be-

yond prevailing search techniques that focus on web links and audience traffic patterns and instead analyzes the context of each page and the concepts behind each user search request. **REUTERS**

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What you're worth

Banking on education

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

Q My wife and I decided to invest the cost of university tuition on behalf of my son for his future. Our financial planner estimates that within 20 years, we could accumulate more than \$300,000 that my son would inherit. Do you agree with this course of action?

-JOHN AND AMY

A Any child would be ecstatic to receive that amount of cash from their parents. The gift or inheri-

tance will not be taxed in your son's hands, however you may be subject to tax at your marginal rate. Capital assets, such as stocks, real estate, mutual funds, etc., are deemed sold at fair market value when the title changes hands or when you pass away.

Investing for the future does not necessarily mean savings. Consider the cost of education as an investment and not money lost. Some parents prefer the value of education today and have their child reap the benefits in the future.

Aside from the monetary aspect, think about the intellectual value your child may either gain or be deprived. Money matters, but so do people.

Henry Choo Chong, CGA, provides accounting and taxation solutions. E-mail Money Matters: choochonghcg@yahoo.ca.

SmartCookies



If you are reading this article at work, you might want to shield it from the boss. This week, it's all about getting paid what you're worth.

Now, we realize that it can be tough sometimes to approach your employer to ask for a raise. But, if you know what to say, how to say it and when to say it, then you have a far better chance of walking out of the office pumping your fist (discreetly, of course!), as opposed to hanging your head and playing out dramatic scenarios of how you would quit.

First off, make a list of

the reasons why you deserve a raise. These reasons have to be based on facts and not based on emotions.

Letting your boss know how you have increased the company's bottom line is far more effective than explaining that you really want to buy a house so you will need to make more money. Think about ways you have gone above and beyond your responsibilities. Have you received any positive feedback from others that you can reiterate to your boss, how have you demonstrated commitment to the company and why would they not want to lose you?

Then, take a minute to figure out what exactly you want the outcome to be. You should be open to negotiating but you should also have a clear idea as to what it is you are looking for.

Are you looking for a percentage wage increase



First off, make a list of the reasons why you deserve a raise.

or a specific amount? Or maybe you would be happy with a week or two extra vacation in lieu of a raise or a flat out fee? Whatever it is, be clear and realistic.

We suggest approaching colleagues that you feel comfortable with and asking them what they are making (it worked for one of us). You could also do a little research online to see what other companies similar to yours are offering potential employees with a similar responsibility list.

Then schedule a time to sit down with your employer. When you are finally face-to-face, take out that trusty piece of paper and present the facts. Keep a cool head and be confident, after all — you deserve it!

Be open to negotiating and if you don't get exactly what you were looking for, ask what you can do to ensure that you will get there in the very near future. Then send us an e-mail to smartcookies@metronews.ca to let us know how you did!

Tune in Wednesday at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

On the web

Columnist:

• Allan Small, FMA, explores what you can do to take advantage of oil prices in his column Investment Perspective, available online at metronews.ca.

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Business

Beijing is not taking new measures to restrict business visas ahead of the Games, state media said yesterday. **REUTERS**

sports **11**

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA



A cyclist rides through Beijing's Forbidden city shrouded with smog. Beijing's poor air quality could be a major challenge for Olympic athletes at next month's Games.

Beijing full of challenges

Pollution, tainted food among issues facing athletes at Summer Games

SHERISSE PHAM
for Metro Canada



An elite international sporting event inevitably comes with host city baggage. Beijing is no exception — the Chinese capital has been criticized for everything from human rights practices to unsafe food.

For coaches and athletes traveling to the city for the upcoming Summer Olympics, dealing with issues that could negatively impact an athlete's Olympic experience remains an ongoing challenge.

"There are three big issues here — the heat, the pollution and the food," said Derek Evely, an athletics coach who co-trains Olympic athletes like defending 400-metre indoor champion Tyler Christopher and relay athletes Emmanuel Parris and Pierre Browne.

There is not much the city can do for thermometer readings — Beijing's average maximum temperature for August is about 30°C — but measures are in place to address their reputation for perennially grey skies. The city ordered

neighbouring smog-producing plants to cease operation or drastically reduce emissions and took roughly half of all private vehicles off the roads this past Sunday, regulating numbers via odd- and even-numbered license plates.

But Megan Metcalfe, a track and field athlete and member of Canada's 2008 Olympic Team, viewed the pollution as a secondary problem. "Our team doctor has told us that there is nothing to panic (about), the pollution is only an irritant and should not have an effect on performance," she said. "I am more concerned about competing in the heat and humidity."

Most Canadian athletes competing in outdoor events will acclimatize to Beijing during a 2 to 3 week training camp in Singapore. To help combat the heat whilst in the host city, Evely and his colleagues are dishing out advice that sounds similar to suggestions a recuperating invalid might receive: Stay off your feet and stay indoors.

The food issue is trickier. Questionable local food made headlines last month when Chinese Olympian Ouyang Kunpeng told do-

Smoggy city

- Haze-shrouded Beijing may take more cars off the roads and shut more factories if air quality remains a problem during the Olympic Games, state media said yesterday.
- The pollution has proved hard to shift days before athletes and visitors arrive, despite the implementation of two month even-odd car ban and temporary factory closures. **REUTERS**

mestic media he accidentally ingested the banned substance clenbuterol, a bodybuilding aid, after eating tainted meat at a barbecue. He was banned from competition for life.

Susie Langley, a dietician and Ontario representative of the Canadian Sport Centre, believes Canadian athletes will stay away from local meat entirely. "No athlete wants to train this hard to get to Beijing and then jeopardize testing positive from eating local food that might be tainted with steroids."

Langley works with swimmer Martyn Forde and sailing team members Gordon Cooke and Oskar Johansson, all part of Canada's Olympic team. She advises athletes to avoid street vendors and anything that cannot be peeled or vegetables that may have been washed with contaminated water.

Despite the overwhelming concerns and even official travel warnings against China (Foreign Affairs and International Trade Canada advises Canadians to avoid non-essential travel to the country), expatriates in Beijing have their own opinions about the city's offerings.

Incoming athletes should "be prepared to be awed," said Toronto-born Richard Liu.

Liu heads the Canadians in China network and was recently appointed team attaché for the Canadian Paralympic Committee. While he admits the pollution is a pain and warns against accidentally buying fake bottled water from street hawkers, he prefers to steer visitors towards positive aspects.

"Don't miss out on the newly renovated Forbidden City, the Summer Palace and of course the Great Wall," he says, his enthusi-

asm rivaling that of a seasoned tour guide's. "(And) the food is so amazing today. There is even obesity among the local Chinese population!"

Dylan Budd, a lawyer who has lived in Greater China intermittently since 1999 was more outspoken on the smog.

"I definitely think pollution's the worst part about being here," he said. But like Liu, he is partial to the city's cuisine and hopes visiting athletes will "try some real Chinese food."

Budd sports a tall frame and sandy brown hair. For those traveling to Beijing who will stick out in a similar manner, he advocates tolerance.

"People yelling 'hello' at you, asking to take their picture with you, staring, or commenting on the sharpness of your nose — they don't mean any harm by it," he said good naturedly.

Evely, the coach, believes local curiosity will not bother all the athletes.

"A 340-pound white guy walking around — he sticks out," he said, referring to a shot put athlete who will be traveling to Beijing in a few weeks. "He's a bit of a freak show in Canada too."

Injured Hamm to miss Games

GYMNASTICS Olympic all-around champion Paul Hamm, winner of one of the most controversial golds in 2004, withdrew from the Beijing Games yesterday due to injury.



Hamm

Hamm was recovering from a broken bone in his right hand sustained in competition on May 22.

Italian champion fails doping test

CYCLING World road race champion Marta Bastianelli has failed a dope test, the Italian cycling federation said yesterday.

Bastianelli was due to take part at the Beijing Olympics but a spokesman for the Italian Olympic Committee said her participation was now unlikely. The Games start on Aug. 8.

Bastianelli tested positive on July 5 at the European under-23 championship in Italy. **REUTERS**

Sports in brief

SOCCER Barcelona striker Samuel Eto'o will not join the Cameroon soccer squad for the Beijing Olympics, official daily Cameroon Tribune reported. Coach Ndtougou Mpile had hoped to name the three-time African Player of the Year Eto'o, but he is not available.

SOCCER Barcelona will appeal to the Court of Arbitration for Sport if FIFA tells them to release Argentine forward Lionel Messi for the Olympic Games, club president Joan Laporta said yesterday.

ATHLETICS Sprinter Katerina Thanou was named yesterday in the Greek team for the Beijing Olympics. Thanou still faces a disciplinary review by the International Olympic Committee to examine her eligibility for the Games. **REUTERS**

Tomorrow's lineup

IS IT WORTH IT? Only nine of 267 Canadian athletes at the 2004 Games won medals. Was it worth the effort for those who didn't? Read tomorrow's Metro for more.

9 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

Sports



Posada done for season

New York Yankees catcher Jorge Posada, left, will undergo season-ending surgery on his right shoulder. Yankees general manager Brian Cashman said he met yesterday with Posada, who was in "100 per cent agreement" to the surgery. A five-time all-star, Posada is expected to need about six months to recover from surgery. Metro News Services

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Burnett nets 10 Ks as Jays edge Rays

MLB A.J. Burnett struck out 10 over seven strong innings last night, outdueling James Shields in a 3-1 win for the Toronto Blue Jays over the Tampa Bay Rays last night.

Burnett allowed only one run on six hits with four walks for Toronto. The right-hander matched his career-high for wins in a season with 12.

Fredericton's Matt Stairs' two-run homer in the fifth inning was the big blow for Toronto.

METRO NEWS SERVICES

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Baltimore 13 N.Y. Yankees 4

Cleveland 5 Detroit 0

L.A. Angels 7 Boston 5

Minnesota 7 Chicago White Sox 0

Toronto 3 Tampa Bay 1

Seattle 7 Texas 5

Kansas City at Oakland

NATIONAL LEAGUE

Florida 7 N.Y. Mets 3

Houston 5 Cincinnati 4

Pittsburgh 8 Colorado 4

St. Louis 12 Atlanta 3

Chicago Cubs 6 Milwaukee 4

Arizona at San Diego

San Francisco at L.A. Dodgers

TONIGHT'S GAMES

AMERICAN LEAGUE

L.A. Angels at Boston, 5:05

Baltimore at N.Y. Yankees, 5:05

Detroit at Cleveland, 5:05

Tampa Bay at Toronto, 5:07

Seattle at Texas, 6:05

Chicago W. Sox at Minnesota, 6:10

Kansas City at Oakland, 8:05

NATIONAL LEAGUE

Colorado at Pittsburgh, 5:05

N.Y. Mets at Florida, 5:10

St. Louis at Atlanta, 5:10

Philadelphia at Washington, 5:10

Chicago Cubs at Milwaukee, 6:05

Cincinnati at Houston, 6:05

Arizona at San Diego, 8:05

San Francisco at L.A. Dodgers, 8:10

CFL

WEEK 6

THURSDAY'S GAMES

Hamilton at Montreal, 5

B.C. at Edmonton, 8

FRIDAY'S GAME

Winnipeg at Toronto, 5

SATURDAY'S GAME

Saskatchewan at CALGARY, 6

BASEBALL

GOLDEN BASEBALL LEAGUE GAMES FEATURING THE CALGARY VIPERS:

LAST NIGHT'S RESULT

Orange County 12 CALGARY 4

TOMORROW'S GAME

CALGARY at Orange County, Game 1 — 6:05

CALGARY at Orange County, Game 2 — 8:05

Godfrey may be ready to bolt Jays

Team president may not seek contract extension after season ends

Paul Godfrey's contract as president of the Blue Jays expires after this season and he isn't sure whether he'd like to remain in charge of the frustrated franchise.

"It'll probably be up to me," Godfrey told me in an interview yesterday, "but I haven't made up my mind if I want to keep doing this. I'm undecided."

It's been a turbulent season for Canada's MLB club, never having truly challenged in the AL East. Future Hall of Famer Frank Thomas and manager John Gibbons were both unloaded in controversial moves and general manager J.P. Ricciardi and his front-office crew almost certainly will be dumped

YorkReport

Marty York

marty.york@metronews.ca



sooner or later.

If Godfrey isn't back, sources suggest Jays owner Ted Rogers and his aides will pursue either Paul Beeston or John Tory as his replacement. Beeston, a former president of the Jays, is retired. Tory, a former commissioner of the CFL, is the leader of Ontario's Progressive Conservative party.

Godfrey, incidentally, told me he has been inun-

dated by letters from Canadian fans urging him to ask MLB to move his team to another division so that it can stand a fighting chance against less affluent opponents than the New York Yankees and Boston Red Sox.

"Won't happen," Godfrey said. "It would mean (MLB) would have to get another team to agree to move into our division — and who's going to want that?"

The Yanks, naturally, keep spending and, after recently acquiring Richie Sexson and Xavier Nady, soon will obtain Jarrod Washburn and perhaps — brace yourself — Barry Bonds ... From trouble-child Manny Ramirez, who wants out of Boston: "I can

play in Iraq if need be." ... Pittsburgh management agreed to trade B.C. native Jason Bay to the Atlanta Braves on the weekend for four prospects but Pirates ownership vetoed the deal in the last instant ... Another B.C. guy, Rich Harden, is a mind-boggling 0-1 since being dealt to the Chicago Cubs, even though he has 30 strikeouts and a puny 1.04 earned-run average in three starts and 17 1/3 innings.

Don't look now, but all four Western teams in the CFL are above .500 while all four Eastern squads are below .500 ... The Saskatchewan Roughriders are a perfect 5-0 but six-point underdogs for their Saturday game against the

3-2 Stampeders in Calgary ... The Hamilton Tiger-Cats, who are about to supplant Casey Printers (the CFL's highest-paid player at about \$450,000 a year) with backup quarterback Richie Williams, are 10-point underdogs to the Alouettes for their Thursday game in Montreal ... And from TSN's Glen Sutor, after the Riders' Gene Makowsky was penalized Sunday for a chop block: "That's frowned upon. It's one of those unwritten rules." Um, well, no, Glen, it's actually written — rule seven, section two, article seven. Thus, the penalty.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Top players set to battle for No. 1 ranking

TENNIS The Rogers Cup in Montreal could end on Sunday with a shake-up at the top of the women's world rankings with just 88 points separating No. 1 Ana Ivanovic from her Serbian compatriot Jelena Jankovic.

Russian Maria Sharapova, the former world No. 1, also sits only 202 points back and is ready to pounce if both Serbs falter.

Play was slow to get underway yesterday with rain causing five suspensions but action is sure to heat up later in the week when the top eight seeds enter the fray after first-round byes.

Jankovic, working her way back to full fitness



No. 9 seed Patty Schnyder of Switzerland advanced to the second round of the Rogers Cup yesterday when China's Meng Yuan retired with an injury in the second set while down 7-6 (6), 3-2.

from a knee injury, had an opportunity to nudge Ivanovic out of top spot

fast-rising Russian Dinara Safina.

She will get a second chance this week on the Canadian hard courts and is confident her time at top will come.

"I am motivated," Jankovic told reporters yesterday. "Hopefully, my time will come."

"If it's meant to happen, it will happen. If you deserve it, you will get it."

"If you work hard, that hard work will pay off sooner or later. I want to become No. 1 and I want to win a grand slam. Those are my goals."

Ivanovic will be playing in her first event since a third-round exit at Wimbledon.

REUTERS

Sports in brief

NFL Buffalo Bills running back Marshawn Lynch will not be disciplined by the NFL for pleading guilty in a hit-and-run case that injured a Canadian woman. League commissioner Roger Goodell said that because Lynch's case was reduced to a traffic violation, he was not in violation of the NFL's personal conduct policy.

BASEBALL The Calgary Vipers gave up six runs in the second inning and five more in the third in losing 12-4 to the Orange County Flyers last night in Fullerton, Calif. The Vipers have now lost three straight.

NBA The Toronto Raptors signed free agent guard Will Solomon yesterday. Solomon has played the past two seasons in Istanbul.

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Health



Green tea beauty

Green tea is best known as a healthy drink, but did you know it also has positive benefits when applied directly to skin? Green tea has been observed to clear blemishes and other skin problems such as rashes. The leaves in green tea also act as an excellent exfoliant for the skin. Concentrated green tea extract can be applied directly to soothe, soften and cool.

ALIVE MAGAZINE

HEALTH EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Write to shed pounds

Keeping track of intake can double weight loss: Study

It won't burn many calories on its own, but if you're looking to lose weight, the most important exercise you can do is to pick up a pen and write.

Dieters can increase their weight loss twofold by simply keeping a daily diary of what they eat, a large new U.S. study says.

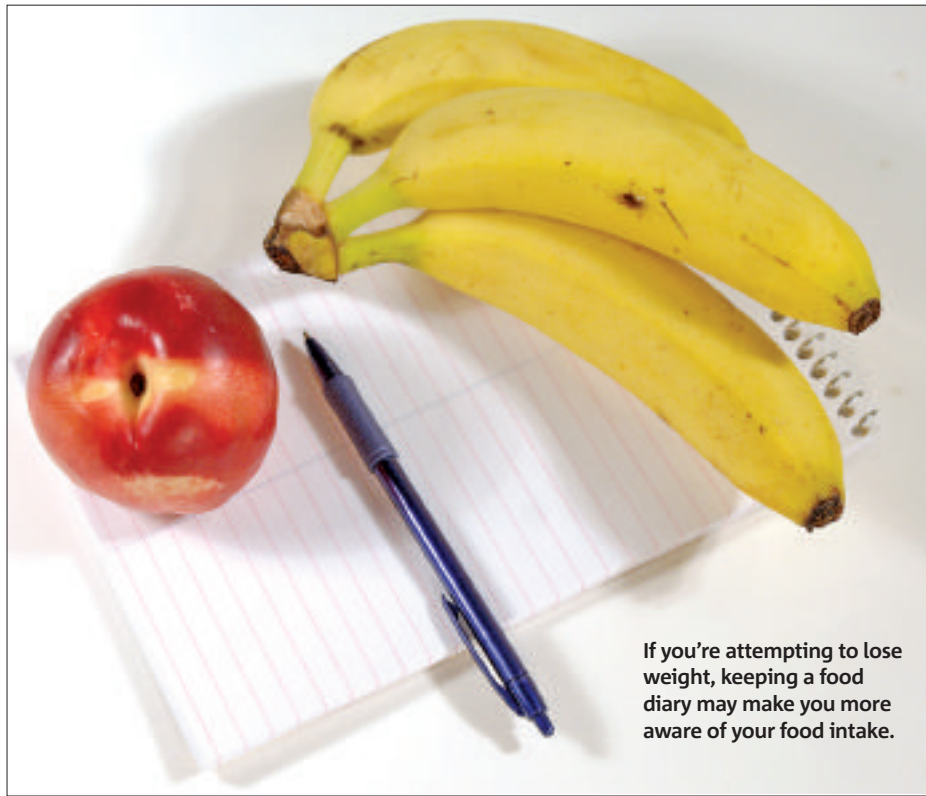
"The more food records you keep, the more weight you lose," says psychologist Victor Stevens, senior investigator with the Kaiser Permanente Centre for Health Research in Portland, Ore. and a study co-author. "And the good news is that's a technique that anyone can use."

The study will be published in the August edition of the American Journal of Preventive Medicine. The 20-week study was part of a three-year research program that involved some 1,700 overweight people who were placed on fruit- and vegetable-rich diets.

It showed that people who kept no daily food records lost an average of four kilograms, while those who kept six or more per week lost an average of eight kilograms.

Stevens says a diary makes it plain to dieters where it would be easiest to cut out calories. "You would think people would know ... where the extra calories are coming from, but they don't," Stevens says.

The diaries were simple tabulations of what you ate, the quantity, and the calories each item contained, Stevens says. "And you look at that list and say 'Well, wow, I can reduce the calories in my lunch,



If you're attempting to lose weight, keeping a food diary may make you more aware of your food intake.

TANNIS TOOMEY/TORSTAR NEWS SERVICE

that would be easy."

"Then they develop plans to deal with that. And that's a critical part of the process. You need a specific plan of action, rather than some vague notion that you'll just eat less."

And keeping track of food intake as the day goes on also allows dieters to see how well they are keeping to their plans, Stevens says.

Stevens also says dieters who attempt weight loss within a social network are also much more successful at dropping excess pounds.

The study found that each social session study dieters attended — where they

Diet vs. Exercise

- Study co-author Victor Stevens says exercise pales in importance to diary keeping, especially in the early stages of weight loss. He says the study's goal was to reduce calories by 500 a day, far easier to achieve through dieting than exercise.

TORSTAR NEWS SERVICE

would discuss their successes and failures — was worth 0.3 kilograms in extra weight loss.

Stevens says discussing plans and showing your di-

aries, and the failures they may contain, to others can actually guilt people into significantly greater weight loss.

It makes sense that keeping a record of what you consume could change your eating habits, says Diane Finegood, scientific director of The Institute of Nutrition, Metabolism and Diabetes at the Canadian Institutes of Health Research.

"A lot of what we do about eating is mindless," says Finegood. "If you keep a monitor on behaviour, then it's a lot easier to change that behaviour in quantifiable ways."

TORSTAR NEWS SERVICE

You are what you drink

CELIA MILNE
for Metro Canada



We all know it's important to drink enough water, especially if we're exercising. Dehydration can cause muscle cramps and heat exhaustion.

But did you know you can drink too much water? Hundreds of people have become sick (and several have died) from hyponatremia — an illness caused by drinking excessive amounts of water. Use common sense, say doctors at Harvard University in Boston. If you are really not sure, check your urine output: if you aren't peeing much and it's darkish, you are not drinking enough. If you have a lot of pee and it is running clear, you are fine.

And while we're on the subject of drinks: Here's a



Did you know that drinking too much water can be dangerous? It can result in an illness called hyponatremia.

tip from Toronto Public Health. When you are buying fruit juice, read the label. Choose products with the word "juice" on them, to make sure you are getting B vitamins, potassium and other nutrients from the fruit.

Beverages that say "drink," "punch," "-ade," "cocktail" or "delight" on the label may have very little juice in them and a lot of sugar.

Health in brief

TEEN DATING VIOLENCE

About three per cent of 12- to 17-year-old girls are physically or sexually assaulted by a boyfriend or date, a U.S. study suggests. Researchers found that 2.7 per cent of girls and 0.6 per cent of boys said they had been the victim of serious dating violence.

FAILURE CAN HURT GIRLS

Academic failure appears to trouble teen-age girls more deeply than boys, U.S.

researchers said. They said adolescent girls who are suspended or drop out of high school before they graduate are more likely to have a serious bout of depression.

FEELINGS INSPIRE APPETITE

Thinking about your own death can make you reach for the cookie jar, with an international study finding that morbid thoughts tend to whet the appetite.

REUTERS

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Don't just celebrate your special day, milk it for all it's worth

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Anne
Hines



Shine the tiara, break out the sugary grocery store cake iced in colours not found in nature, fire up those candles — it's my birthday!

Forget the, "I don't want anyone making a fuss" nonsense. Birthdays are an excuse to be Diva for a Day. And, with a little thought, any mere birthday can be turned into a week-long celebration. You-fest! You-arama! Here's a simple planning guide:

Five days before birthday:

Stop! Warning!

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The announcement.

Begin to casually drop reminders to family and coworkers. I.e.: "I was thinking of scheduling a meeting next month and then I realized that this Friday is my birthday." It doesn't have to make sense. It just has to convey the message. Kind of like men's aftershave ads.

Four days before: Start getting in the mood.

Begin by reviewing your accomplishments. This year, mine are a) I'm still standing, and b) Neither of my daughters is currently in a van headed to Mexico with a guy named "Snake." It helps not to set the bar too high.

Next, make a list of goals for the year ahead. Anything I don't achieve goes onto next year's list. This accounts for such items as "Marry David Cassidy," and "Buy Enron stock."

Three days to go: Prep for being a year older.

Repeat, "I gracefully accept the changes in my body." Then laugh yourself silly and go buy expensive face cream.

Two days to go: Check party plans.

There is a reason to share

"Birthdays are an excuse to be a Diva for a Day."

Columnist Anne Hines

this important event with friends and family. They give you stuff. Remember the saying, "It's better to give than to receive." Your birthday is a way of letting your friends have the fun part.

You may wish to provide tips about gift giving, particularly if you have men in your life. Such as, "Good things come in small packages" does not mean you can give me drill bits."

The big day!

Let loose! Ask yourself, "What's life without adventure?" OK, safe, peaceful. But today's your chance to do something crazy and out of character. I don't mean calling your mother or paying your bills on time. And, if anyone suggests you act your age, just say, "Not today. It's my birthday."

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Men sick of stereotype

Young, single men are fed up with being typecast as immature, insensitive and sex-obsessed, with a survey finding that the majority believe in having a soul mate, aren't scared of commitment, and say real men can cry.

A poll of 70,000 men with an average age of 28 debunked many of the standard stereotypes to show that the modern man is driven by a sense of values, loyalty and family.

The survey, by men's lifestyle website AskMen.com, found that 77 per cent of respondents look for girlfriends with "wife potential" while 75 per cent believe they have a soul mate and 69 per cent would never cheat on their partner.

"These survey results will be surprising to many women, most of whom have a completely different perspective of what the average man thinks and feels," James Bassil, editor-in-chief of AskMen.com, told Reuters.

"The idea that young guys only want to be single and jump from girl-



Seventy-seven per cent of men look for girlfriends with "wife potential," an AskMen.com survey suggests.

friend to girlfriend is not true at all."

The online survey, conducted over a five-week period, found that six out of 10 men were fed up with inaccurate commercial descriptions of them.

The survey by AskMen.com, a unit of Fox Interactive Media, found that 56 per cent of men believed that being a good father or husband made them "manly."

REUTERS



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Robin Hood delayed

Production on the new Robin Hood film has been postponed indefinitely. Universal Pictures cited script concerns, location logistics and a potential actors' strike for the delay. **BBC NEWS ONLINE**

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Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Going Mad

Johnny Depp is to play the Mad Hatter in a new version of Alice in Wonderland. The actor is teaming up with director Tim Burton for the re-imagining of the children's tale. **FEMALEFIRST.CO.UK**



Horror king claws back

Robert Englund returns to big screen with Jack Brooks: Monster Slayer

Horror has been very, very good to Robert Englund. The man, who made eight appearances as the metal-clawed teen nightmare Freddy Krueger, is back in the genre that elevated him from budding classical actor to international horror icon.

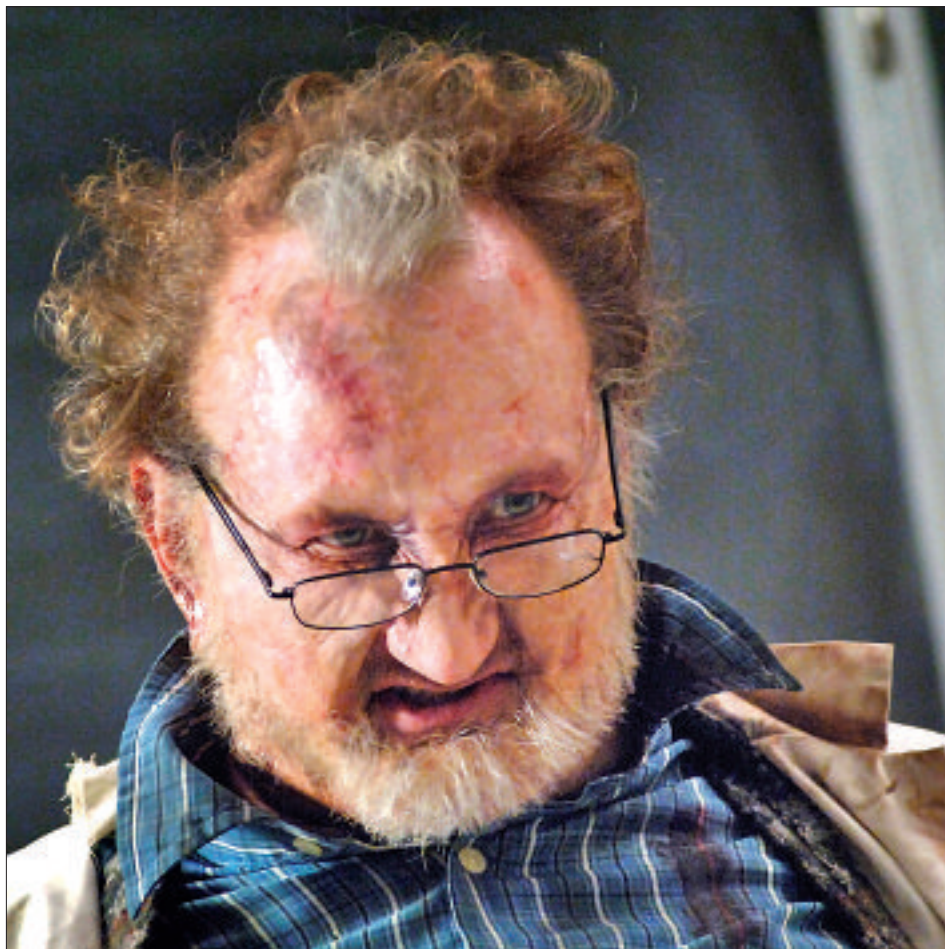
"I get a lot of teenagers going, 'Yo, Krueger,' and honking their horn and giving me the claw. Yeah, I'm recognized," Englund said, during a recent visit to Toronto to promote the upcoming movie Jack Brooks: Monster Slayer.

In the film, Englund plays Professor Crowley, an instructor to a classroom of young underachievers. His backed-up plumbing at his rundown country home unleashes an evil that gradually turns him into a multi-tentacled monster.

Englund said playing Freddy Krueger has given him the luxury to pick and choose his projects. "The genre's been very, very good for me," he said.

"It's fun because now I'm able to read a script or see a submission film by someone like (Jack Brooks director) Jon Knautz, and say, 'God, this looks like fun,' ... and hop on a plane and work with some really gifted young people in Ottawa and have it turn out to be a terrific little retro experience," Englund said.

The California native trained as a classical actor at Michigan's Oakland University where the Meadow Brook Theatre was at the time affiliated with the



Robert Englund plays a professor with a dark secret in his new film.

Royal Academy of Dramatic Art.

Along with his fellow thespians, the high-quality theatre emanating from Stratford, Ont., dazzled Englund. He recalls the group would occasionally pool money for gas, pile into a car and head to Stratford or Toronto back in the early 1970s. "I remember seeing Christopher Plummer in the pub once (in Strat-

ford) and thinking, 'Omgod, this is where I want to be — I want a turtleneck ... and a corduoy jacket,'" Englund said, with a laugh.

"I would have been happy to have retired to Stratford and been a spear carrier," Englund said, until the politics — read: behind-the-scenes backstabbing — turned him off.

One night, while nursing

a bottle of wine after a performance in Michigan, he caught Martin Scorsese's Boxcar Bertha on TV, realized he knew most of the crew on the film and decided to head back to California to try his luck on the silver screen.

Englund's first role — a sizeable one — was as Whitey in Buster and Billie, a southern-fried tearjerker starring Jan-Michael

"I get a lot of teenagers going, 'Yo, Krueger,' and honking their horn and giving me the claw."

Robert Englund

Vincent and involved wearing loads of skin-whitening makeup. (The character was albino.)

Next came a role in V, a TV miniseries in which Englund played a benevolent alien, a show that drew an international following.

While on hiatus, Englund agreed to do a "little movie" with horrormeister Wes Craven. "They released this Nightmare On Elm Street on the East Coast only, and without any hype or fanfare, it took off. And the rest is history," he said.

Englund enjoys Freddy Krueger's iconic status and the fact that the character has been the subject of various scholarly theses.

His friendship with other actors who encountered fame, only to see their careers later wither, allowed Englund to embrace the fame of playing a monster.

"I knew Gary Busey back then and Mark Hamill was sleeping on my couch and I watched the travails they went through with their success and I just decided to embrace it. I just decided to kind of go with the flow."

TORSTAR NEWS SERVICE

international**Dark Knight tops global box office**

MOVIES With the new X-Files movie off to a shaky start internationally, The Dark Knight had little trouble dominating the foreign box office for a second weekend.

The Batman sequel earned an estimated \$65.6 million US from 51 markets, playing nearly three times the number of territories as in its opening weekend.

The superhero comic book adaptation was No. 1 in 42 of its markets. Dark Knight's international gross rose to \$126.3 million.

REUTERS

celebrity**Lopez new host of gossip show Extra**

TV Mario Lopez is taking over as sole host of the Hollywood gossip show Extra, replacing Dayna Devon and Mark McGrath.

Lopez, a veteran of Saved by the Bell and Dancing with the Stars, had served as a correspondent and co-host of Extra's weekend edition. He will begin his new duties in September.

Extra veteran Devon will stay on as a special correspondent and backup host. McGrath is leaving the show to return to his band Sugar Ray.

REUTERS

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Robert De Niro wants to direct sequels to his 2006 movie *The Good Shepherd*. He directed and starred in the CIA thriller alongside Matt Damon and Angelina Jolie, and thinks there's scope to do two followups, femalefirst.co.uk reports. **METRO NEWS SERVICES**

Beauty biz likes its film ties to stay subtle

Greta Garbo's beauty was legendary. It earned her the adoration of audiences and captivated even Adolf Hitler, who allegedly implored her to go to Germany to become the mother of his Aryan race.

But the Swedish actress owed her luminous on-screen presence to more than her flawless skin and bone structure: Her secret weapon was Max Factor Silver Stone No. 2 makeup, which made her literally shimmer on film.

In much the same way that Garbo preferred to stay out of the spotlight, however, the working relationship between Hollywood and the beauty industry is subtler than one might expect.

"Many times (MAC Cosmetics) is there, and we may get a credit at the end of the film, or we may be in the literature, but we're there very discreetly," says John Demsey, group president of Estee Lauder Companies, parent company of MAC. "We're not there in a



From left, Kristin Davis, Kim Cattrall and Cynthia Nixon appear in the recent *Sex and the City* feature film. The movie's makeup artist relied heavily on MAC products.

very sponsorship sort of way, because the relationship is very real and functional."

Indeed, one isn't likely to hear about it, but makeup artists relied heavily on MAC products for some of this summer's studio fare, including *Sex and the City*, *The Love Guru* and *Get Smart*. High-definition technology has also resulted in the development of

specialized cosmetics, like MAC's Airbrush line, which features micronized particles.

"Micronized milling is the finest, smoothest process possible, making foundation and powder appear to look like they are one with the skin," MAC makeup artistry director Gregory Arlt explains. "With HD, you need the skin to appear flawless and

"(MAC) may get a credit at the end of the film, or we may be in the literature, but we're there very discreetly."

John Demsey

makeup-free, even when makeup is applied. Micronized foundations and powders achieve that perfectly."

MAC's not alone in the HD market. Competitors include Cargo's Blu-ray Collection, which is used on the set of FX's *Dirt* and Showtime's *Weeds*.

The larger picture has changed as well. Whereas fashion models once ruled as spokespeople for beauty companies, now actresses — such as Cate Blanchett (for SK-11), Courteney Cox (for Kinerase) and Kate Hudson (for David Babaii for WildAid, of which she is also a co-founder) — have largely taken their place.

REUTERS

Kerry Katona wins damages over 'prostitute' libel case

MUSIC Former Atomic Kitten singer Kerry Katona won libel damages and an apology yesterday over a newspaper article that falsely claimed she had worked as a prostitute before she became famous.

Her lawyer David Price told the High Court that Katona was "deeply hurt" by the Sunday Mirror article published in June. It was headlined: Betrayed by Mum — Kerry's Mother Dishes the Dirt in Explosive New Book and claimed her mother Sue Katona was to make the prostitution allegation in the book. "The truth is that Sue Katona has never alleged that the claimant worked as a prostitute in a book or at any other time and such an allegation would be entirely untrue," Price told the court.

"(Katona) was deeply



Kerry Katona launches her new scent in London on July 17.

hurt and embarrassed by the article. She was particularly distressed that such an allegation was said to have been made by her mother, thereby giving it added credibility."

Katona, 27, accepted substantial but undisclosed damages, legal costs and a public apology from the Mirror's publishers. Its lawyer Victoria Jolliffe said the newspaper accepted the allegations were false.

Love Guru character honours Myers' dad

FILM Mike Myers' movie *The Love Guru* is a tribute to his late father, because the actor conceived the plot during a "spiritual quest" following his dad's death, imdb.com reports.

Myers' father Eric died in 1991 following a long battle with Alzheimer's disease. The comedian was so devastated he embarked on a journey of self-discovery.

It was then that he created the character of the Guru. "When my father died, I went on a little spiritual quest, just to try and make sense of it all," Myers says. "And, in many ways, *The Love Guru* is honouring him by dealing with his loss, because making silly movies is how I deal with things."

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No cap and gown for Swift

Country music singer Taylor Swift had a good reason for missing her high school graduation — she’s on tour with Rascal Flatts. The 18-year-old just received her diploma via snail mail. **E! NEWS ONLINE**



Showtime revisits Studio 54 era

TELEVISION The 1970s era of disco, drugs and excess is coming back with Studio, a new Showtime drama centring on the iconic New York nightclub Studio 54. Studio centres on flamboyant co-founder Steve Rubell and starts off in the months leading to the club’s April 1977 opening. But Rubell will be the only real person featured, with the rest of the characters fictional or composites. (Mike Myers played the late impresario in the similarly themed 1998 feature 54, which struck out at the box office.) **REUTERS**

Bledel finds her Good Guy

COMEDY Former Gilmore Girl Alexis Bledel has found a good guy in Friday Night Lights star Scott Porter. The pair star in the romantic comedy The Good Guy, which is in production in New York. Porter plays Tommy, a rising Wall Street star in a budding romance with a new girlfriend, Beth (Bledel). He begins mentoring a seemingly hapless new salesman (Bryan Greenberg) who befriends Beth, starting a chain of events that might ultimately lead to his downfall. **REUTERS**

Newmar suffers crippling disease

HEALTH Batman legend Julie Newmar, 74, is suffering from an incurable nerve disease that



Newmar

has left her struggling to walk, imdb.com reports. The actress — who played Catwoman in the 1960s TV series — was diagnosed six months ago with Charcot-Marie-Tooth disease, which affects muscles in the legs, feet, and hands, reports the New York Daily News. Although her legs were once insured for \$1 million US, she is now forced to grasp on to people to avoid falling as the illness impairs her ability to walk. **METRO NEWS SERVICES**

IntelleVision

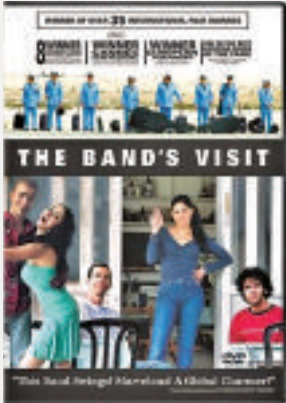


... will return

DVD picks

The Band's Visit

Director: Eran Kolirin
Stars: Ahuva Keren, Ronit Elkabetz, Sasson Gabai, and Khalifa Natour
Rating: PG-13
THE BAND'S VISIT, the charming film about a touring Egyptian police orchestra that winds up spending a night in the wrong Israeli town, begins with a humble disclaimer: “Not many remember this. It was not that important.”



It’s a perfect summary of precisely why writer-director Eran Kolirin’s fairy tale works so well. There is no air of importance here. There is no attempt to manufacture Middle East peace. A group of Arabs cannot transform an Israeli town overnight. But what if a few Israelis and a few Arabs could achieve a glimmer of understanding between them? It makes for an almost believable fairy

tale. There is chemistry among the three leads: the starchy police colonel and band conductor Tawfiq (Sasson Gabai), the younger, less repressed violinist Haled (Saleh Bakri) and the Israeli restaurant owner Dina (a mesmerizing Ronit Elkabetz, who appears to have escaped from an Almodovar film). For a movie about an orchestra, there’s an awful lot of silence in The Band’s Visit, and it’s used to beautiful effect, subtly underscoring cultural differences, such as the way Tawfiq’s eyes can’t help but linger on Dina’s red-painted toenails. It’s too bad the DVD is also silent on the background of the film. There’s a short making-of featurette, but it tells us little about the cast, an intriguing mix of mostly Israeli

and Palestinian actors. The film is fiction, but behind the scenes are two opposing cultures coming together. It may not be important, but more insight would surely be interesting to the many fans of this award-winning film.

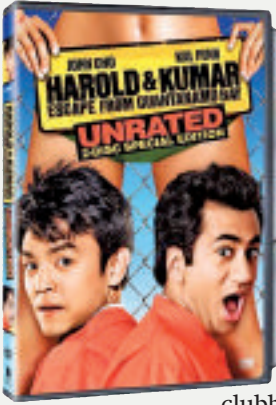
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Harold and Kumar Escape From Guantanamo Bay

Director: Jon Hurwitz
Stars: John Cho, Kal Penn, Rob Corddry
Rating: R
IN 2004, Harold & Kumar Go to White Castle turned the pursuit of late-night munchies into an Arthurian quest. This second road movie picks up right where White Castle left off, as our accident-prone duo — ethnic odd couple Harold (John Cho) and Kumar (Kal Penn) — find themselves heading to Amsterdam. White Castle co-writers Jon Hurwitz and Hayden Schlossberg are back and

the movie even features the return of Neil Patrick Harris, repeating his head-tripping horn dog turn again for fun and plot expediency. The ante has been upped considerably this time, because Harold and Kumar are chasing freedom (and girls) rather than burgers (and girls). Thanks to pothead Kumar’s jonesing to join a different kind of Mile High Club, they manage to get themselves branded as fugitive terrorists pursued by an unhinged Homeland Security boss (Rob Corddry) and detained at Gitmo, though they soon escape. Along the way the duo brutally lampoon racial stereotypes of every stripe, taking no prisoners in their rainbow coalition of rude calamity. They’re like Borat without the moustache and with a bet-

ter grasp of American culture, and it’s this satiric subtext that saves the show from its worst excesses. You’ll only enjoy this movie if you can appreciate the lighter side of KKK rallies, presidential potheads, one-eyed rednecks, full-frontal nudists (of both genders) and Homeland Security fascists who mistake the U.S. Bill of Rights for toilet paper. But this is one of those rare pictures that can gross you out and make you think at one and the same time. Key to its appeal is the chemistry of Cho and Penn, the most likeable comedy duo since Wayne Campbell and Garth Algar. You find yourself rooting for them even while thoughts of clubbing them also cross your mind.



TORSTAR NEWS SERVICE

critics'corner

Surviving Sharks

Les Stroud of “Survivorman” fame throws himself into dangerous situations involving sharks. Granted, it’s only dangerous if the sharks are hungry or you’ve ticked them off. So avoid dunking yourself in a vat of chum or insulting their mothers (“Your mama looks like shark bait!”). 6 PM on DISC



Reba

Well, if he’s the only athlete you’ve got... . When Reba (Reba McEntire) agrees to participate in a footrace to raise funds for Jake’s (Mitch Holleman) school, she realizes she’s really out of shape. Enter Van (Steve Howey), who insists on training her. The race becomes more than charity when one of the competitors is Brock (Christopher Rich). 7 PM on CMT

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	243	317	3 CFCN	eTalk	Jeopardy!	Canadian Idol	Robson Arms	Criminal Minds (HDTV)	Law & Order: SVU		News (N)	
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wipeout (N)		Japanese Game Show	Primetime	
	245	306	6 CBRT	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 4"		CBC News: The National	The Hour	
	244	338	7 CICT	ET Canada	Entertainment	In Plain Sight (N)		Wipeout (N)	Big Brother 10 (N)		News Hour	
	246	-	8 CKAL	Friends	Friends	Reaper	Hell's Kitchen		Japanese Game Show	Your City		
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	-	372	12 KREM	News (N)	Hollywood	Friends	Scrubs	NCIS "In the Dark"		Big Brother 10 (N)	Without Trace	
primetime	-	374	14 KSPS	NewsHour With Jim Lehrer		Nova (HDTV) (DVS)		Be a Predator (DVS)		Wide Angle (N)	Dr. Teller's	
	502	390	15 CBC	CBC News: The National		Same Sex Marriage		CBC News: The National		CBC News: The National	Same Sex	
	-	370	16 KHQ	News (N)	Raymond	Jeopardy!	Wheel-Fortune	Celebrity Family Feud		America's Got Talent (N)	Law/Ord SVU	
	-	373	22 KAYU	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	Kitchen Nightmares (PA)		House (HDTV PA)	News (N)	
	297	652	37 WPIX	Reaper "Rebellion"		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	Frasier
	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live	Cooper 360	
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck	Nancy Grace	
	400	400	21 TSN	WTA Tennis: Rogers Cup		SportsCentre (HDTV) (Live)		In This Corner		Cagefighting Highlights	Poker Night	
	408	418	27 net	MLB Baseball		Sportsnet Connected		European Poker Tour		Sportsnet Connected	Best-Sports	
	410	403	30SCORE		Score Tonight	To Be Announced						Score Update
sports	411	457	44 OLN	Odyssey	Surf Patrol	Adventures	Strand-Peters	Pilot Guides		Don't Forget Your Passport		Survivorman
	417	406	48 SPEED	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life
	552	543	20 YTV	Drake & Josh	Genie	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	557	541	39 FAM	Zoeys 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	6teen	Johnny Test	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	The Mask
	575	583	11 CMT	Reba	Hope & Faith	Home Improve.	Roseanne	CMT30 "Craven 2008"		Reba	Hope & Faith	Home Improve.
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	'70s Show	E! News	Real Housewives		Kimora-Fab	Kardashians	Living Lohan	D. Richards	News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping Bags	House	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	Good Naked
family	521	560	24 TLC	Must Love Kids (HDTV) (N)		What Not to Wear: Behind		Ashley Paige	Ashley Paige	Must Love Kids (HDTV)		What Not Wear
	603	561	25 FOOD	HEAT-McEwan	HEAT-McEwan	Top Chef "Tailgating"		Restaurant Makeover		Iron Chef America		HEAT-McEwan
	615	520	26 A&E	The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Trailer Park	Billable Hours	ReGenesis (HDTV)		Blue Murder		Trailer Park	Kenny-Spenney	CSI: NY
	601	562	33 SLICE	Shear Genius		Plastic-Perfect	Matchmaker	Newlywed	In Laws	Shear Genius		Plastic-Perfect
	-	633	34 ENC2	(5:50) Feds	(7:25) Baby on Board	(1991, Comedy)		Oxford Blues ** (1984, Drama)		Rob Lowe.	Career Opportunities	
	520	505	35 DISC	Mighty Ships "Becrux" (N)		Deadliest Catch "Fresh Blood"		Daily Planet		Surviving Sharks		Deadliest
	620	523	36BRAVO	Johnny Cash	Rhythm-Roots	Live at the Rehearsal Hall		Law & Order "Deadbeat"		Without a Trace "Safe"		Entourage
	294	650	40 WPCH	MLB Baseball		Family Guy	Family Guy	Seinfeld	Frasier	Sleepers *** (1996, Crime Drama)		
	626	547	41 COM	Laughs	Comics!	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.
cable variety	-	539	42 TCM	(6) Auntie Mame *** (1958, Comedy)			Gypsy *** (1962, Musical) Rosalind Russell, Natalie Wood, Karl Malden.					Trouble-Angels
	628	584	43 SPIKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY (HDTV)		CSI: Crime Scene Invstgtn.		CSI: Crime Scn
	522	516	45 HIST	Disaster-Cent.	Masterminds	NCIS		The Color of War		Hitler and the Occult		NCIS
	627	528	46SPACE	Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1 "Grace"		Star Trek: Voyager		Star Trek: Ent.
	-	-	47 AMC	(6) Timecop ** (1994)		Species ** (1995, Science Fiction)		Ben Kingsley.		Escape From the Planet of the Apes (1971)		
	619	525	49 TROP	Tube Tales	Vanity Insanity	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Colin & Justin's Home Heist		The Stagers		Holmes on Homes		Dirty Business		Colin-Justin
	501	391	52 CTV	CTV Newsnet		News		CTV Newsnet	News	CTV Newsnet	CTV Newsnet	News
	504	508	70 BNN	Franklin Templeton		Market Call		Business News		Market Call	Workopolis TV	Taking Stock
	526	507	92 CLT	Psychic Detect	Ext. Evidence	Traders		The West Wing		Psychic Witness		Psychic Detect
269	350	93 APTN	First Talk	News (N)	Wilpogwad	La Course	Regards	Presserebel	Guides	Tears	The Flummies	
-	-	94 MCP	(6:30) News	News	The Land	Daughters-Law	Il Caffe		In Germany	Euromaxx	Schauplatz	
571	581	100 MMM	All Access		Hogan Knows	Hogan Knows	Listed		All Access		Hogan Knows	
570	580	101 MM	So You Think You Can Dance		Instant Star		Instant Star		Gone Wild		G's to Gents	
581	566	102 MTV	From G's to Gents		From G's to Gents		MTV Live		Living on Edge	Living on Edge	G's to Gents	



Actors Brad Pitt and Angelina Jolie have reportedly asked U2 front man Bono to be the godfather of their newborn twins, Knox Leon and Vivienne Marcheline because they are impressed by his humanitarian work. Bono reportedly accepted. **METRO NEWS SERVICES**

The godfather

Celebrity Buzz

Miley sort of apologizes

VIDEO DISS Miley Cyrus has somewhat apologized for mocking fellow Disney stars Selena Gomez and Demi Lovato in a YouTube video, the New York Daily News reports.

"If we offended them, we're super sorry," Cyrus told Popstar!



magazine. "We were just, like, having fun, you know what I mean?"

The Hannah Montana star, 15, and pal Mandy Jirox recreated a video made by Gomez, 16, and Lovato, 15, on their Miley & Mandy YouTube channel.

In the video, Cyrus and Jirox make fun of a T-shirt worn by Gomez and a gap that Lovato, star of Camp Rock, used to have in her teeth.

Gomez, who appears on Disney's Wizards of Waverly Place, has been dubbed "The Next Miley Cyrus." She's also reportedly dating Cyrus' alleged ex, Nick Jonas.

But Cyrus maintains she was just kidding around on her video.

Lovato and Gomez have not yet commented on the video or quasi-apology.

METRO NEWS SERVICES

They're having babies

PREGGERS Rebecca Romijn-O'Connell and her husband, Jerry O'Connell, are expecting twins, their rep confirms to People.

The babies are due this winter. The parents-to-be were married in 2007. Ugly Betty's Romi-

jn, 35, recently told Self magazine she hoped to be "lucky enough" to have kids. Just last week, O'Connell, 34, told People, "We're trying to get pregnant."

adding that practicing has been "a lot of fun."

METRO NEWS SERVICES



No enhancement for Keira

DIGITAL-FREE Actress Keira Knightley has refused to allow her bust to be digitally enlarged — because she is so proud of her body, imdb.com reports. Knightley, 23, reportedly dismissed studio bosses' suggestion to use computer trickery to boost her chest on publicity posters.



"She has insisted that her figure stay in its natural state. She is proud of her body and doesn't want it altered," a source told the Daily Mail.

In 2004, Knightley was criticized when she appeared in publicity shots for King Arthur with digitally-enhanced breasts.

METRO NEWS SERVICES

Butler learns Comic-Con code

ITEMS RETURNED 300 star Gerard Butler has given the comic book geeks the seal of approval after they didn't claim his watch and glasses as souvenirs, imdb.com reports. The actor was at Comic-Con in San Diego promoting his new film RocknRolla when he suddenly realized his timepiece



and sunglasses were missing. "It was madness," he said. "I was signing posters and my watch kept catching on them, so I took it off and put it between my legs and then walked off. And then I thought someone stole my sunglasses." But

Butler didn't take comic book fans' code of conduct into account — the items were turned in to security by fans. He added, "This place is great."

METRO NEWS SERVICES

celebrity briefs

Winehouse rushed to hospital

HEALTH Singer Amy Winehouse has been taken to hospital, her spokesman said yesterday. He had no further details.

When asked about the incident, a spokeswoman for the London ambulance service said: "We did take the patient to hospital," after being called to an address in north London.

The 24-year-old star, whose battle against drug addiction in recent months has overshadowed her recording successes, has a home in Camden, north London.

REUTERS



Moss back with beau, plans for second child

MOTHERHOOD Kate Moss is apparently planning to have another baby with on/off boyfriend Jamie Hince, femalefirst.co.uk reports.

The supermodel recently split from the Kills guitarist over her desire to get pregnant, reports the Mirror.

However, the couple have since reunited after Hince reportedly changed his mind.

The pair are now on a make-or-break holiday in Ibiza.

"Kate is keen to have another baby before Lila Grace gets any older," a source said. "She doesn't want her to grow up a single child ... But it has become a real sticking point between her and Jamie."

"She thinks he will be a great dad — but he has been unsure whether he's ready for such a huge commitment," the source added.

"They had a short break to clear their heads. But after

Hince spoke to some of his friends about his dilemma, he is coming round to thinking a baby with Kate wouldn't be a bad thing. He agreed to go to Ibiza with her for a break before he goes on tour to see how they get on. No one would be surprised if Kate comes back pregnant."

METRO NEWS SERVICES



celebrity briefs

Love gives credit for weight loss ...

SLIMMING DOWN Courtney Love has credited hypnotist Paul McKenna as the reason for her dramatic weight loss, femalefirst.co.uk reports. The singer has been seeing the weight-loss guru, who wrote I Can Make You Thin. However, Love's friends are worried she is now dangerously thin. "She is skeletal now," one told the Daily Mail.

METRO NEWS SERVICES



... while Damon tries to box it off

POUND-FOR-POUND Matt Damon has taken up boxing to lose weight, femalefirst.co.uk reports. The actor admits it is tough to lose the excess pounds he gained for the movie The Informant.

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Grammer checks into hospital
Actor Kelsey Grammer has been hospitalized in New York after feeling faint — just a month after he suffered a near-fatal heart attack. The actor was taken to a medical centre in the city on Sunday night, and is expected to be released today. [IMDB.COM](#)

Take Five

1	2	3	4	5		6	7	8	9	10
11						12				
13					14					
15				16				17		
18			19					20		
			21				22			
23	24	25				26				
27					28					
29				30				31	32	33
34				35				36		
37			38					39		
40						41				
42						43				

Crossword down

- 1 Indy events
2 Spiny-leaved plant
3 Turn red, perhaps
4 Yale student
5 No longer working
6 Game sheet info
7 Bat wood
8 Construction tool
9 Least attractive
10 Buckshot
14 Spoken
19 Sign of trouble
22 Moon goddess
23 Enchanting
24 Battle site of 1945
25 Sound of little feet
26 Ancient city on the Eu-
phrates
- 28 Office note
30 Library stamp
31 Prom crowd
32 Put up
33 Bank fixtures
38 Mamie’s husband
39 Bemoan

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Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Something of value is in your home. A confession will come from a dim-wit. A kind person may cause a loss of enthusiasm.

TAURUS
APRIL 21-MAY 21
Someone demands that you get home earlier. Continue trying to co-operate. An stranger will arrive and be appealing.

GEMINI
MAY 22-JUNE 21
You’re getting ahead in your work, but a crisis will arise. A colleague demands that you make a suggestion. All ideas will be fruitful.

CANCER
JUNE 22-JULY 22
You’ll feel that only you can show maturity. Demand more from others. You can anticipate when somebody will begin to infuriate you.

LEO
JULY 23-AUG 23
People will notice you heading in the right direction. Put the phone down and get to work. You’re in for a romantic reversal.

VIRGO
AUG 24-SEPT 22
Someone will disagree with a travel companion. You must be nimble when necessary. A proper lover will throw in the towel.

LIBRA
SEPT 23-OCT 23
A dramatic friend will miss the point. A negative experience is just fate teaching humility. A man draws attention to your efforts.

SCORPIO
OCT 24- NOV 22
Be honest when discussing unexpected gains. Have a story ready when a wretch frustrates plans. A sibling has a fate meeting.

SAGITTARIUS
NOV 23- DEC 21
Someone’s child will leave town for a while. A rejection will drag in some good luck. Expect confusion around food issues.

CAPRICORN
DEC 22-JAN 20
An insincere relative needs professional attention. Avoid arguing about your appearance. Wear navy blue to an evening meeting.

AQUARIUS
JAN 21-FEB 18
A relationship will find closure. Expect flattery concerning a romance. A boss from the past wants another chance — just say no.

PISCES
FEB 19-MAR 20
You can trust a woman’s practical support. A home is all stirred up by arguments. Children will be very touchy.

Crossword across

- 1 Less common
6 Accumulated
11 Spry
12 Grammar topic
13 Where Congress works
15 Genesis name
16 Rage
17 Rap’s — Kim
18 Ladies of Spain
- 20 “My word!”
21 Boss to Alice and Flo
22 Lascivious desire
23 Scooter’s kin
26 Batting ploys
27 Related
28 Chess piece
29 “Skedaddle!”
30 They have their pros
- and cons
34 — tizzy
35 Writer Tan
36 Hurler’s stat
37 National park in Utah
40 Not dozing
41 Pound part
42 At a future time
43 Tree houses

previous day’s answer



This day in history

JULY 29, 1899: The First Hague Convention is signed.
JULY 29, 1921: Adolf Hitler becomes leader of the National Socialist German Workers Party.
JULY 29, 1948: The Games of the XIV Olympiad - After a hiatus of 12 years caused by World War II, the first Summer Olympics to be held since the 1936 Summer Olympics in Berlin opened in London.
JULY 29, 1981: Marriage of Prince Charles to Lady Diana Spencer.

Sudoku

INSTRUCTIONS:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SOLVE TIME IN MINUTES:

Under 13 Genius
13-17 Scholar
17-21 Smart

previous day’s answer

6	2	8	4	9	1	7	3	5
7	5	3	8	6	2	9	1	4
4	1	9	5	3	7	8	2	6
9	3	6	2	8	4	1	5	7
2	7	5	3	1	6	4	8	9
8	4	1	7	5	9	2	6	3
1	9	7	6	2	5	3	4	8
5	8	2	9	4	3	6	7	1
3	6	4	1	7	8	5	9	2

21-25..... Not bad
25+ Keep practicing

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Calgary weather
Afternoon

Sunny. 26°

Tonight

Partly cloudy. Low 11°

Wednesday

Partly cloudy. 19° / 7°

Thursday

Sunny. 21° / 9°

Friday

Partly cloudy. 22° / 9°

theweathernetwork.com
Temperature Normals
High: 23.9°
Low: 9.2°
Records
High: 34.4°/1934
Low: 1.7°/1899
Sunrise: 5:57 a.m.
Sunset: 9:26 p.m.
Moonrise: 2:02 a.m.
Moonset: 8:02 p.m.
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Fall

Winter

Spring

Garden

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